



COUNTY OF SAN DIEGO MEDIA ADVISORY

FOR IMMEDIATE RELEASE
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13TH ANNUAL NATIONAL TRAILS DAY CELEBRATED AT LOS PEÑASQUITOS: County and City Parks and Recreation Host Free Event

When: Saturday, June 4
10 a.m. – 4 p.m.

Where: Los Peñasquitos Canyon Preserve
12020 Black Mountain Road
(Adobe ranch house at the end of Canyonside Drive)

Who/What: The American Hiking Society's signature trail awareness program, National Trails Day[®] (NTD), is now in its 13th year. On June 4, 2005, trail enthusiasts from all over San Diego County will celebrate NTD and bring awareness to trails and their many pleasures and health benefits. To commemorate NTD, San Diego County Parks and Recreation is partnering with City Parks and Recreation to host a grand event at Los Peñasquitos Canyon Preserve and the adobe ranch house.

This free event will feature nature hikes, mountain bike trail rides, equestrian rides, a rock climbing wall, children's activities, environmental education, docent-led tours of the historic adobe, live entertainment, vendors and many more exhibits and demonstrations. More than 1,000 event participants are expected throughout the day.

Why: San Diego County Department of Parks and Recreation is dedicated to providing opportunities for high quality parks and recreation experiences for residents and visitors and to preserving regionally significant natural and cultural resources. County Parks and Recreation maintains more than 90 parks covering more than 40,000 acres and are open year round. For more information on County Parks and Parks programs visit www.sdparks.org.

